Summer 2010 Indoor Swim Lessons Lain the Park Center's

Join the Park Center's

American Red Cross Swimming & Water Safety program!

Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include eight forty minute lessons. In order to improve the quality and effectiveness of Swim Lessons children should be registered for the appropriate level according to their swimming skills.

<u>Monday – Thursday Mornings</u>

9:40-10:20 am 10:25-11:05 am 11:10-11:50 am

Session Dates

1 June 7 – 17

(Registration Dates: May 8- <u>Deadline: June 4)</u>

2 June 21 – July 1

(Registration Dates: June 11- <u>Deadline: June 17</u>)

3* July 6 – 15

(Registration Dates: June 25- <u>Deadline: July 1</u>)

*Classes run Tuesday-Friday, Monday-Thursday

4 July 19 – 29

(Registration Dates: July 9 - <u>Deadline: July 15</u>)

 $5 \qquad \text{Aug } 2-12$

(Registration Dates: July 23- <u>Deadline: July 29)</u>

Saturday Mornings

(Youth and Adult Lessons**)

9:00-9:40 am 9:45-10:25 am 10:30-11:10 am 11:15-11:55 am

Session Dates

A* June 12- August 14



(Registration Dates: May 8- Deadline: June 9)

* No Lessons: July 3, July 24

** Adult Lessons-Instructors will teach the basics of each competitive stroke and some basic water safety skills. This is a great place to start lap swimming, working toward swimming in a triathlon or just learning basic water skills to be safe in, on and around the water as an adult.

Tuesday & Thursday Evenings

4:00-4:40 pm 4:45-5:25 pm

5:30-6:10 pm 6:15-6:55 pm

Session Dates

1 June 1-June 24

(Registration Dates: May 21-<u>Deadline: May 28</u>)

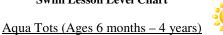
2 June 29-July 22

(Registration Dates: June 18- <u>Deadline: June 25</u>)

3 July 27-August 19

(Registration Dates: July 16- <u>Deadline: July 23</u>)

Swim Lesson Level Chart



Aqua Tots: Water exploration with a parent/guardian accompanying child in the water; No water experience necessary.

Preschool (Ages 3-4 years)

Preschool 1: Hesitant to put face in water; No water experience necessary. Preschool 2: Comfortable in the water; Can put face in water; Bob 3 times at chin level with no support; Enter water without help; Float on front and/or back supported for 3 seconds.

Preschool 3: Can submerge under water; Float on front and back 5 seconds each with assistance; Swim using a combination of arm and leg actions for 3 body lengths on front; Roll from front to back and back to front.

Beginning (Ages 5-12 years)

Level 1: Hesitant to put face in water; No water experience.

Level 2: Can move 5 yards; Bob 5 times chin level and safely exit the water; Float on front with support 3 seconds roll to back (with assistance) and float on back with support for 3 seconds.

Level 3: Front float and back for 5 seconds each; Swim with a combination of arm and leg actions for 15 feet on the front; Roll from front to back and back to front; Continue swimming after rolling.

Advanced (Ages 5-12 years)

Level 4: Jump into deep water; Swim front crawl for 15 yards with sidebreathing; Tread for 30 seconds; Swim elementary backstroke 15 yards. **Level 5**: Swim front crawl 25 yards; Change direction while swimming; Swim elementary backstroke for 25 yards; Swim breaststroke for 15 yards; Swim back crawl for 15 yards.

** After completing Level 5, Pre-Comp is the next class.

202 E. Murray Park Ave. Murray, UT 84107



(801) 284-4200 www.murray.utah.gov

Part		ay City Summ		Swim Lesso	n Registration Fo	rm	
	Has participant Participated in Swim Lessons before? No Yes Last Level Completed						
		•					
	<u> </u>				Zip:		
					•		
		Date: Grade:					
					e:		
Hon	ne Phone #:		Email Address: _				
Eme	ergency Contact	Relation: Ph		Phone Number:			
Cos	t (per participan	t, per Session)	Member/Res	ident: \$30			
			Non-Residen	t \$35			
	*Renday-Thursday Mor		will not be accepted afte		er the deadline. <u>Saturday Mornings</u>		
Session D	ession <u>Dates</u>			Session Dates			
	une 7 - 17 eadline June 4)	_	e 1-24 ine May 28)	A June 12- August 14 (Deadline June 9)			
2 J	2 June 21 - July1			2 June 29-July 22		<u>, </u>	
(Deadline June 17) 3 July 6 - 15			(Deadline June 25) 3 July 27-Aug. 19		9:00-9:40 AM Preschool	9:45-10:25 AM AquaTots	
(Deadline July 1)			(Deadline July 23)		Beginning	Preschool	
4 July 19 - 29 (Deadline July 15)			4:00-4:40 PM Preschool	4:45-5:25 PM Preschool	Advanced Adult Beginner	Beginning Adult Intermediat	
5 Aug 2 - 12			Beginning	Beginning	Addit Beginner	Addit intermedia	
(Deadline July 29)			Advanced	Advanced	10:30-11:10 AM	11:15-11:55 AM	
0:40-10:20 AM	10:25-11:05 AM	11:10-11:50 AM	5:30-6:10 PM	6:15-6:55 PM	Preschool Beginning	Preschool Beginning	
Preschool	AquaTots	Preschool	Preschool	AquaTots	Advanced	Advanced	
Beginning Advanced	Preschool Beginning	Beginning Advanced	Beginning	Preschool	Adult Beginner	Adult Intermediat	
1	Does the participa	ant have any physi	Advanced cal limitations?				
			u application for the a			diagharas see	
6 	and all claims for da have, or which may activities involve an further understood	amages, for death, phereafter accrue as element of risk or dand agreed that this	ersonal injury, or prop a result of participation anger of accidents, ar waiver, release and a	erty damage which on in said event. It d knowing those ssumption of risk	reby waive, release, and ch I, as the participant, (o t is understood that some risks, I hereby assume th is to be binding on my he terms and conditions.	r my child) may recreational lose risks. It is	
:	Signature of Pa	rent/Guardian:			Date:		
				Office Use C Paid \$ CASH CHEC			

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Date _

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Staff _